

## WESTCOAST LIMB PROTECTOR (WLP)

The Westcoast Limb Protector is a custom fabricated device that is used in the acute stages of rehabilitation, post-below knee-amputation. It is a polymer system with a foam inner liner that is worn with a shrinker or a prosthetic sock. It is used to not only protect the residual limb and help shape it, but also reduce and/or prevent knee flexion contractures through the use of step lock hinges. This device should only be worn by the person for whom it was custom fabricated, and only according to physician instruction.

### Application

1. While sitting, apply the shrinker or prosthetic sock over your limb (see shrinker instructions for proper shrinker donning). Ensure there are no wrinkles.
2. Make sure the locks are set into 'free swing' allowing you to bend back the thigh portion of the WLP. Lift and twist the lock so it is no longer aligned with the joint.
3. With the WLP bent (flexed), place your residual limb into the device. The fit should be snug. If it is too loose, add another prosthetic sock to your residual limb.
4. Once the limb is well seated, pull the thigh section up against the back of your thigh.
5. Secure the straps snug.
6. Push the locks back into alignment with the joints. This will allow you to begin extending your knee, while no longer being able to freely bend it. You should hear "clicks" as you extend the leg. The goal is to achieve a position in which your knee is straight (fully extended)



### Volume Adjustability

Your residual limb will very quickly begin to change in size. Typically, it will become smaller as the shrinker and WLP provide compression over the swollen limb. You will need to use the correct ply of socks for a proper fit. Add prosthetic socks to compensate for the volume that you lose. However, if you put on too many socks, you will not be able to get your limb into the WLP properly (this will be indicated by the mechanical knee joints not being in proper position (too low) when compared to your anatomical knee joint).

### Cleaning Instructions

- Socks should be cleaned on a regular basis. It is best to hand wash them or wash on a gentle or permanent press cycle. Do not use hot water and do not put in the dryer as it may cause your socks to shrink.
- To clean the foam liner- Wipe with a damp cloth or rubbing alcohol. Do not submerge in water as this may cause the glue holding the liner together, to begin to separate over time.
- To clean the plastic, wipe with soap and water on a cloth. Make sure all soap residue is washed off. Pat dry with a towel.

It is important to schedule follow-up appointments with your Prosthetist for regular maintenance of your Westcoast Limb Protector and to have any necessary adjustments made to ensure optimal fit and function are maintained. It is also important to periodically remove this device (per Physician instruction) to ensure that you are able to bend your knee through its range of motion so it does not become stiff in a straight (extended) position.

If you have any questions or concerns, please contact your nearest Westcoast Brace and Limb facility to speak with your Prosthetist or a Prosthetic Case Manager.